



# Aqualines

Lifesaving news for Nova Scotians

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## TYR JUNIOR LIFEGUARD TELEGAMES



The Lifesaving Society is pleased to welcome your participation in the 12<sup>th</sup> Annual *SPRING TELEGAMES* from March 10 – June 15, 2008. It's occurring at pools all across Canada- *and yours can be one too!*

"The *TELEGAMES* are designed to encourage youth to participate in some serious fun where kids have the opportunity to learn skills essential to becoming a lifeguard and compare their performance with other Junior Lifeguards- all without traveling" said Jeremy Ludwig of the Lifesaving Society.

"I definitely recommend them," says Laura Croft of the East Hants Pool in Hants County. Ms. Croft, who's affiliate has been competing in the games for the last few years, says that the competition gives her Junior Guards a goal to work towards throughout the season.

To enter the games participants must be under 16 years old, be able to swim 50 meters and have an exposure to Lifesaving. There is a minimal entry fee of \$2.00 per competitor per event.

This year the Lifesaving Society in Nova Scotia will reward the top Nova Scotia competition by hosting a pizza party.

If you are interested in participating or want more information please contact the Lifesaving Society office.



## The Lifeguard Store

Feature product:

**Lifesaving Rescue Tube \$55.00**



Strong and ultra-light rescue tube meets Lifesaving Society specifications for lifeguards on patrol and for lifesaving sport competition; bright yellow, uncoated soft foam construction with blue leash and wide shoulder loop.

Stainless steel clip and rings "wrap'n'snap" around victim or manikin. Features blue Lifesaving Society logo.

At 500 g, this rescue tube is light, tough and more versatile than a rescue can. The best all around piece of rescue equipment available.

Order a Lifesaving Rescue Tube before March 31 and receive a complimentary Lifesaving Society Toque.



For ordering information call (902) 425-5450 ext 323

Or visit us at [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca)



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# Special In-service- Université Sainte-Anne



A special, combined In-service between University Sainte-Anne aquatic staff and the students of University Sainte-Anne Paramedic School was held the middle of February at the campus pool. The lifeguards listen attentively as Carl Comeau (Lab. Instructor) explains the procedures once paramedics arrive on the scene during an emergency situation. Amongst the participants were two University Sainte-Anne students from Morocco who were completing NLS qualifications with five others, as well as 17 aquatic staff and four student paramedics.

Un In-service spécial entre le personnel aquatique de l'Université Sainte-Anne, les participants au cours de Sauveteur National et les étudiants du Programme "Soins Ambulanciers Paramédicaux" a eu lieu le 9 février à la piscine. Les Sauveteurs écoutent attentivement pendant que Carl Comeau (l'instructeur de laboratoire) explique les procédures une fois que les Paramédiques arrivent sur la scène pendant une situation d'urgence. Parmi les participants étaient 2 étudiants du Maroc qui

accomplissaient les qualifications de SN avec 5 autres candidats, 12 personnels aquatiques et 4 étudiants du Programme Soins Ambulanciers Paramédicaux.

It was a great learning experience for both the aquatic staff and the student paramedics. The two teams worked hand in hand to carry out mock emergency situations: for example heart attack victims, drownings and even land spinals. In this mock situation, the land spinal victim had fallen from the ladder. Starting blocks had to be removed in order to immobilize the victim and place her onto the spinal-board and stretcher.



C'était une grande expérience d'étude pour le personnel aquatique et les étudiants du programme Paramédicaux. Les deux équipes ont bien travaillé ensemble afin d'effectuer de fausses situations de secours: par exemple victimes de crise cardiaque, noyades et même des blessures à la colonne vertébrale. Dans cette fausse situation-ci, la victime était tombée de l'échelle. Les plat-formes de départ ont dû être enlevées pour que la victime ait pu être immobilisée et placée sur la planche dorsale et la civière.



In the photo at the left, a student paramedic prepares a needle of epinephrine to give an anaphylactic shock victim I. In this mock situation, the victim had already used her epi-pen and another dose was given once paramedics arrived on the scene.

Une étudiante du programme paramédicaux prépare une aiguille d'epinephrine pour donner à la victime qui vient d'avoir une crise anaphylactique. Dans cette fausse situation-ci la victime avait déjà employé son épi-pen et un autre coup a été donné une fois que les Prémédiques arrivaient sur la scène.

*Submitted by: MaryAnn Gauvin  
Directrice du Centre sportif  
Université Sainte-Anne*

**ATTENTION  
ALL NS  
FACILITIES...**

The Lifesaving Society would like to feature YOUR stories...

Send us your news, staffing changes (for our "Changing Lanes" feature), information about new programs you are starting, etc.

We'd also like to hear your suggestions for increasing participation in Lifesaving Society programs, and we can share your suggestions & "best practices" in this newsletter.

## Changing Lanes

**Adrian Spencer** is the new HRM Aquatic Specialist. Adrian is based at Northcliffe Pool. He has an extensive lifesaving background- and has been very active in Lifesaving sport.

Congratulations Adrian!

*If there is something new at your affiliate or facility, please let us know & we will pass it along.*

## **VOLUNTEERS NEEDED**

The Lifesaving Society needs your assistance.

If you have an interest in history, recreation, ecology or would like to help out with some HRM based Swim to Survive programs let us know.

We also need volunteers to investigate drowning rescue stories for our Awards & Recognition program.

Please contact Hylda Tucker at (902) 425-5450 ext 323 or Gordon Richardson at (902) 425-5450 ext 331.

## Swim to Survive



The Lifesaving Society's **Swim to Survive** program is gaining acceptance throughout Nova Scotia.

Grade 3 students in the Cape Breton -Victoria Regional School district, members of the Boys and Girls Clubs in Nova Scotia and Grade 7 students at John Martin Junior High School and students at Bicentennial School in Dartmouth will have taken **Swim to Survive** classes prior to their summer vacation.

The program is easy to administer, cheap to run and will positively impact the lives of youth. Consider promoting **Swim to Survive** in your community.



The **Nova Scotia Lifesaving Series** continues with Round 5 at East Hants Pool March 30<sup>th</sup> – 8:30am to 1:00 pm.

Representatives of the Lifesaving Society will also be in attendance at East Hants Pool with Lifeguard

clothing samples for viewing & purchasing.

For more information contact Paul D'Eon at (902) 477-6155, email at [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca).

You can also visit our website for more information and results of the rounds so far. Go to [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca) & click on Competitions/NS Lifesaving Series.

**The Lifesaving Society, Nova Scotia Branch acknowledges the generous support of the department of Health Promotion and Health Protection in connection with all activities of the Lifesaving Society.**



## **Canadian Lifeguard Championships & Canadian Lifeguard Emergency Response Championships**

Nova Scotia was well represented at the recent Canadian Lifeguard Championships and Canadian Lifeguard Emergency Response Championships in Toronto, held March 6<sup>th</sup> – 9<sup>th</sup>, 2008.

Teams from the Halifax Regional Municipality and Dalplex competed in both championships, and there were several officials who represented the province as well. Special congratulations goes out to Renata Jaciw-Zurakowsky of Dalplex, who was named to the Canadian National team for the Rescue 2008 World Lifesaving Championships in Germany, and Audrey Prayal-Brown, who was named as an alternate to the team.

The next National competition in Canada is the Canadian Surf Lifesaving Championships, being held at Woodbine Beach in Toronto from August 22<sup>nd</sup>-24<sup>th</sup>.